

# The Sourdough

S E N T I N E L

June 10, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 23

## Construction begins

*3rd CES brings in summer  
with improvement projects*



-- Pages 14-15



# AADD passes the 1,000 “save” mark

By Chief Master Sgt.  
Robert Tappana  
3rd Wing command chief

I am excited! Team Elmendorf reached a milestone last weekend when Airmen Against Drunk Driving gave their 1,000th ride, or as they put it scored their 1,000th “save” of 2005. That’s fantastic and I’m proud of everyone who helped to make it happen.

First, thank you to the leadership of AADD for stepping up to the plate and pushing hard to make this program a success. Senior Airman Mollie Graham and Airman 1st Class Michael Archibald have led the way as the former and current presidents of AADD and it’s thanks to their diligence and hard work, as well as that of the other officers of AADD, that the program has been so successful.

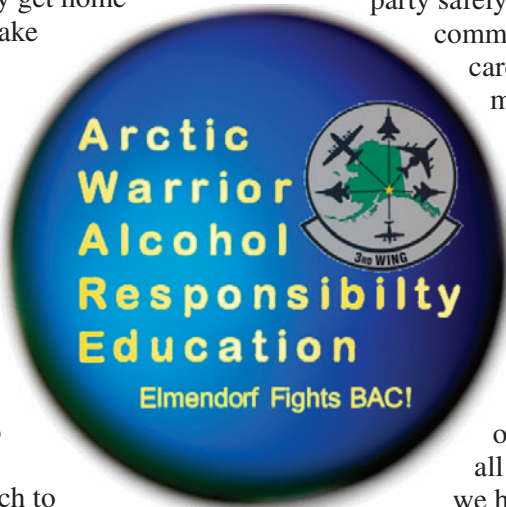
But while AADD’s leadership paved the way for success, they have only been as successful as the support they’ve received from the many volunteers who gave so freely of themselves to help their fellow Airmen. These volunteers give up their Friday and Saturday nights to

take people who have been out on the town safely home. I thank you all for your support and dedication to your wingmen.

As we head into the summer time, many people will leave on assignment, and others will take some well-deserved time off to enjoy the Alaskan summer, but our need for volunteers to support the AADD program will not get smaller. I ask each of you to think about your teammates, your wingmen, and volunteer to help ensure they get home safely. It doesn’t take much...just being willing to help. If you don’t have a vehicle, you can still help out by taking calls from those people needing rides back home. It’s not a big sacrifice, but it can mean so much to someone who’s had too much to drink...you might be saving their life or the lives of other people sharing the roads with them.

For those who are going out to enjoy themselves with a drink or two or more, remember to have a plan. First, never ever, drink and drive. If you’ve had anything at all to drink you are not safe to estimate your ability to drive. Plan for a designated driver or plan to take a cab. If you plan fails, call AADD at 552-HOME. They are working to protect you every Friday and Saturday night between midnight and 4 a.m.

If we all commit to planning to party safely and remain committed to taking care of our teammates who have been drinking, our number of “saves” will continue to climb but our number of DUIs will not. We all have a responsibility to one another. We all need to ensure we have a plan, adhere to that plan, keep each other safe and enjoy the summer DUI-free!



**Tech. Sgt. Jason Nystrom, Staff Sgt. Michael Hamm, Staff Sgt. David Trujillo, Staff Sgt. Oscar Gonzales and Jason Payne,** 3rd Logistics Readiness Squadron, have spent an average of \$5,100 to have three R-12 moosehead nozzles replaced. Due to a poor design of the holding bracket, the moosehead repeatedly falls off during road operations. This causes damage to the nozzles and locks the brakes on the truck while in motion. Vehicle Maintenance redesigned and fabricated an improved nozzle chute. This led to a completely secure moosehead nozzle, saving \$1,700 per truck and improved driving safety.

**Staff Sgt. Amber Martin,** 517th Airlift Squadron, demonstrated superior performance when she assumed duties as Squadron Aviation Resource Manager during a manning shortage. She provided in-depth training to newly assigned personnel allowing for a quick transition to C-130 Operations. Furthermore, Sergeant Martin updated the mission review process—audited 354 forms and reduced processing time by 75 percent. In addition, she re-wrote a Communications Security Operating Instruction, a benchmark for the 3rd Operations Group.

**Staff Sgt. Joseph Seaboalt,** 3rd Equipment Maintenance Squadron, distinguished himself during a #4 major isochronal inspection on a C-130. His attention to detail led to the discovery of a cracked nose landing gear forward bulkhead. Furthermore, he discovered 51 discrepancies during the inspection and lube of all three landing gears earning three zero defect ratings from 3rd Wing Quality Assurance. He ensured aircraft longevity and reliability of the aircraft.

This week’s commander’s shadow is **Staff Sgt. Rodrico Brown,** 3rd Security Forces Squadron



Col. Hawk Carlisle  
3rd Wing commander

Do you have a problem you can’t seem to get solved? Would you like to recognize someone for a job well done? The commander’s action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Hawk Carlisle. Your calls will get the commander’s personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**  
**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can’t help, then please call the Action Line.

**Key phone numbers:**

- Col. Christopher Thelen, 3rd CES/CC 552-3007
- Lt. Col. David Aupperle, 3rd SVS/CC 552-2468
- Lt. Col. Robert Garza, 3rd SFS/CC 552-4304

## Supervisor questions dining facility policies

**Q:** As a supervisor of troops who eat in the Iditarod Dining Facility, they have brought up questions that I cannot answer. I hope with your help to give them the answers they are seeking. I understand the dining facility is there first and foremost for the single Airman who are living in the dorms. I understand that they must have a shirt and shoes on to enter, but what I can’t seem to answer is why they cannot wear a tank-top or sandals.

Many of them are on their way to go out for the day or returning from a day out and they have to go to their rooms to change just to go eat a meal in a facility designed for their benefit. If this is the policy why isn’t it posted on the doors? I understand that there is a letter inside the facility

stating that they cannot wear sandals without socks, but not everyone who enters the facility is aware of the policy. If I were to take my family to eat there with my child wearing sandals and not being aware of this policy, would we be refused service? Which brings me to the question as to why the Airmen are being refused services if they are wearing sandals or tank tops in a facility that was designed to feed them?

I appreciate any assistance that you could provide.  
Thank you

**R:** Thank you for asking about the dress code for the dining facilities. Tank tops are prohibited for sanitation reasons. Patrons are forced to reach and grab for many different

items within the serving area. Having the arm pit region covered protects the food, condiments and dining wear from potential health hazards. Sandals and open toed shoes are permitted as long as they are reasonably clean, in good repair and do not present a health or safety hazard...bare feet are prohibited.

The dress code policy is posted on the bulletin board along with other valuable information. Posting policy letters on our doors would cause significant clutter and detract from the aesthetic appearance of the facility. First time offenders are never refused service; they are simply educated and made aware of the current policy. To help the flow of information we will post the dress code policy letter on all the dormitory bulletin boards.

## 3rd Wing Moment in History

June 8, 1940:



Construction of Elmendorf.

**The Sourdough**  
SENTINEL

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**Best in Air Force**  
**1999, 2000 & 2001**  
**Best in PACAF**  
**1998, 1999, 2000 & 2001**

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# Learning journey can start, end without leaving base

By Tech. Sgt. Theo McNamara  
Staff Writer

Elmendorf is well known as home of the Air Force's most combat capable wing; partly because of the varied array of weapons systems that decorate the flightline, but to educators and those who crave higher learning, it's likely one of the world's most unique college campuses.

"Where else can you find five colleges and universities offering registration and classes in one building?" asked Maureen Colon, the Education and Training Flight chief, referring to Elmendorf's Education Center. "We have a campus like no other." She was being somewhat conservative in her brief description of what the Center has to offer people who live and work at Elmendorf and within the community that surrounds the base.

The Education Center not only provides services to every single person on base, they also take care of the educational needs of Coast Guard, Homeland Security, Corps of Engineers and Federal Aviation Administration personnel. The staff's support also has a world-wide reach—helping Arctic Warriors deployed to various hotspots who want to take advantage of Tuition Assistance while in a deployed location.

Deployed Airmen who take advantage of their time away to complete college classes often rely on Air Force Tuition Assistance to pay for those classes. To do that a deployed person faxes a signed copy of his application to the Education Center where it's processed and approved and then sent back to the member. "Processing TA applications alone is a huge amount of work," explained Lenell White, Base Training Manager. "We have stacks of applications for TA, and because classes are on a schedule, we can't just let the stacks stand; we need to get them processed quickly and faxed back out to the Airmen who are trying to get enrolled in classes."

According to Mr. White, on the days leading up to the registration deadline for the schools on base, the



PHOTOS BY STAFF SGT. PRENTICE COLTER

**Desiree Francis, an education technician at the Elmendorf's Education Center, reviews an active-duty military member's education records.**

Education Center often has people who are seeking TA lined up out the door, through the hall and down the stairs.

"TA is an incredible thing for military members and it's being taken advantage of by many but it's important for us to keep encouraging our troops to get involved in learning—it's free," he said.

In between processing TA applications, the base training manager conducts staff assistance visits to all of Elmendorf's units; validates requests for skill-level upgrades and orders correspondence development courses and seven-level training material.

Mr. White and other staff members do all these things and more with a staff that was recently reduced seven people. "We may be few in number but we'll never let that limit our commitment to helping people achieve their educational goals; whether that's mandatory Air Force training for a growing Airman or for a dependent spouse seeking a master's degree," said Ms. Colon. "We're all committed to reaching out and encouraging people to get involved in the educational process and we'll continue to do everything we can to maintain the momentum."

One example of their effort to keep up with the workload while maintaining the quality of service they've been recognized for is their search for volunteers who have augmented the staff through the years. "We really welcome volunteers into our office. In the past, we've had volunteers and they've truly become part of the staff and absolutely have had an impact on our office's success," said Ms. Colon.

Proof of their effort crowd the center's wall of honor with some pretty significant recognition. Last year alone, the Education Center was recognized by Pacific Air Forces for producing more Community College of the Air Force graduates than any

other base in the command; they also ensured that 100 percent of the enlisted members seeking the opportunity to become officers were selected to attend Officer Training School, a feat that earned the Education Center "Best in Command for Number of OTS Selections" in 2004.

For those who aren't seeking a CCAF degree or the opportunity to serve as an officer, there're things within the halls of the Education Center that can lead in other directions. For instance, the Alaska's Troops to Teachers office has a staff of two ready to assist capable military personnel become certified and employed in Alaska schools.

In addition to active-duty members, the center also provides services for military dependents.

The Air Force Aid Society funds a Spouse Tuition Assistance Program through the center. It's very similar to Air Force Tuition Assistance but the money comes from a private

organization and there's a limited amount of money available, so it's on a first-come-first-served-basis. However, all applications are racked and stacked based on many factors including income. "If we have to choose, we will for example, award the person with less overall income the money to pay for part of their tuition first," said Mr. White. The money can be used at any of the colleges or universities that offer classes on base.

"There are so many options to help finance an education that people don't know about," said Miss Colon. "Taking Defense Activities for Non-Traditional Education Services or College Level Exam Program tests is another way to fulfill a degree requirement. They're absolutely free to military members, and all the study material is available on-line or at the base library. I don't want people to miss out on a great opportunity to learn."



**Elmendorf's Education Center offers an array of educational opportunities for military and their families as well as other federal employees. Some options, like Defense Activities for Non-Traditional Education Services (DANTES) and College Level Exam Program (CLEP) tests for military members and advice and services are free for everyone.**

## A list of colleges, universities with offices on base

*All of the schools listed below are located in the Education Center at 4109 Bullard Avenue and they all accept accept Spouse Tuition Assistance.*

**University of Alaska** offers classes for certificate programs, associate, bachelor and master's degrees. 753-0204

**Embry-Riddle Aeronautical University** offers classes for certificate programs, associate, bachelor and master's degrees. 753-9367

**Wayland Baptist University** offers classes for associate, bachelor and master's degrees. 753-6416

**Alaska Pacific University** offers classes for associate, bachelor and master's degrees. 564-8248

**Central Texas College** offers classes for certificate programs and associate's degrees. 428-1317 or 753-1124

**Alaska's Troops to Teachers** staff can be reached at 753-5112

**Study material for CLEP and DANTES** test is available on line at [www.maxwell.af.mil/au/ccaf/students](http://www.maxwell.af.mil/au/ccaf/students) or [www.peterson.com/airforce](http://www.peterson.com/airforce)

*The Education Office staff can be reached at 552-3164*



Who gets the pie; who earns the trophy



Elmendorf’s leadership from commanders to supervisors have been receiving votes for the pie in the face contest. The top three vote-getters and the three least vote-getters will each receive a pie in the face today at the Anchorage Chamber of Commerce Appreciation Picnic in Paxton Park. Funds raised are used to support base activities.



The 517th Airlift Squadron was named the Arctic Warrior Olympics champions last year after collecting the most points throughout the day’s activities. The trophy is up for grabs today in the Company Grade Officer Council’s Warrior Olympic Games. The day’s events kick off at 7 a.m. in Paxton Park.

Free food, fun for family at Paxton Park picnic today

By Tech. Sgt. Theo McNamara  
Staff Writer

Imagine stopping off to pick up a few things for a picnic you’re planning for a few friends and your list reads something like this: fifteen-hundred pounds of hamburger patties; 4,800 hot dogs; 150 pounds of cheese; 150 heads of lettuce; 30 gallons of pickles; and 250 pounds of tomatoes.

That’s what the Anchorage Chamber of Commerce’s shopping list looks like as they prepare to host a picnic for nearly 8,000 military members and their families at both Fort Richardson’s Cottonwood Park and Elmendorf’s Paxton Park, today.

“This is a our way of saying thank you to all the people who protect America’s freedoms, said Stacy Schubert, president of the Anchorage Chamber of Commerce.

The simultaneous picnics culminate a week of various events throughout the Anchorage community that recognized the sacrifice and accomplishments of Anchorage area military families.

In addition to the more than 100 hundred volunteers from the business community who work the picnics, they also raised more than \$18,000 to feed the crowds.

On Elmendorf the fun begins with the Arctic Warrior Olympics at

7 a.m. with the ceremonial 5-kilo-meter torch run. The Arctic Warrior Olympics is held in conjunction with the Military Appreciation picnic that begins at 11 a.m.

In addition to the many Warrior Olympics’ activities, there are many activities and entertaining events scheduled throughout the afternoon at Paxton Park.

A schedule of events for the Arctic Warrior Olympics can be found on page 5.

A disc jockey will play music and the Pie in the Face contest winners will get to receive their pies.

Fort Richardson picnic guests can choose between two areas for food. This year, the Anchorage Chamber will set up a picnic area at the Buckner Fitness Center in addition to the Cottonwood Park location.

All Elmendorf personnel and their families are invited to participate in all activities at either military installation and everything is free. Family members whose spouses are deployed, or otherwise not at home, are invited and encouraged to attend.

“It’s our hope that we’ll serve lunch for as many families as we do military members because we recognize that families make as many sacrifices as our Arctic Warriors do,” said Ms. Schubert.

See “Appreciation” on page 5

## Arctic Warrior Olympics, Appreciation Picnic map, times

"Appreciation" from page 4

**5-Kilometer Run** – Runners' show time is 6:30 a.m., run begins at 7 a.m. at the end of Carswell Ave. in Paxton Park

**Air Force PT Challenge** – Competitors must arrive before 9:30 a.m. at the old Community Activities Center.

**Archery** – Shooters' show time is 8 a.m. at the Blacksheep Archery Range.

**Bed Race** – Riders show time is 8 a.m. in the Base Theater parking lot.

**Bench Press** – Lifters' show time is 8:45 a.m. in the Base Fitness Center.

**Bowling** – Bowlers need to arrive at 8:30 a.m., games begin at 9 a.m. in the Polar Bowl.

**Children's Events** – Events begin at 9 a.m. throughout Paxton Park

**Canoe Race** – Canoeists must arrive at 8:30 a.m. Signs show the way to the far end of Six Mile Lake.

**Chiefs versus the Eagles** – Players must arrive several minutes before play begins at 2 p.m. on Paxton Park’s softball field #1.

**Dodgeball** – Players' show time is 9:30 a.m. at the base Fitness Center. The sign-in desk will be located in the gymnasium.

**Fire Truck Pull** – Contestants' show time is 12:15 p.m. on Paxton Park's Doo-little Horseshoe.

**Golf Scramble** – begins at 6:30 a.m.  
at Eagle Glen Golf Course.

**Home Run Derby** – Contestants' show time is 11 a.m. on Paxton Park's softball field #2.

**In-line Hockey** – Players need to show at 7:15 a.m. on the Orion Elementary School's skating rink; play begins at 7:30 a.m.

**Mountain Bike Race** – Mountain biker's show time is 9 a.m. at Hillberg Ski Area.

**Pass, Punt and Kick** – To participate show time is 8:30 a.m. on the west end of Paxton Park near the corner of Arctic Warrior Drive and Carswell Ave.

### Road Bike Race – Biker's

show time is 9 a.m. at Hillberg Ski Area.

**Robin Hood Battle (Joust)**  
– 10:30 a.m. on the Paxton Park  
Horseshoe.

**Shot-Put** – Contestant's show time is 10:15 a.m. on Paxton Park's Doolittle Horseshoe, near 11th Street.

**Skeet** – Shooter's show time is 11 a.m. at the Fort Richardson Skeet and Trap Range.

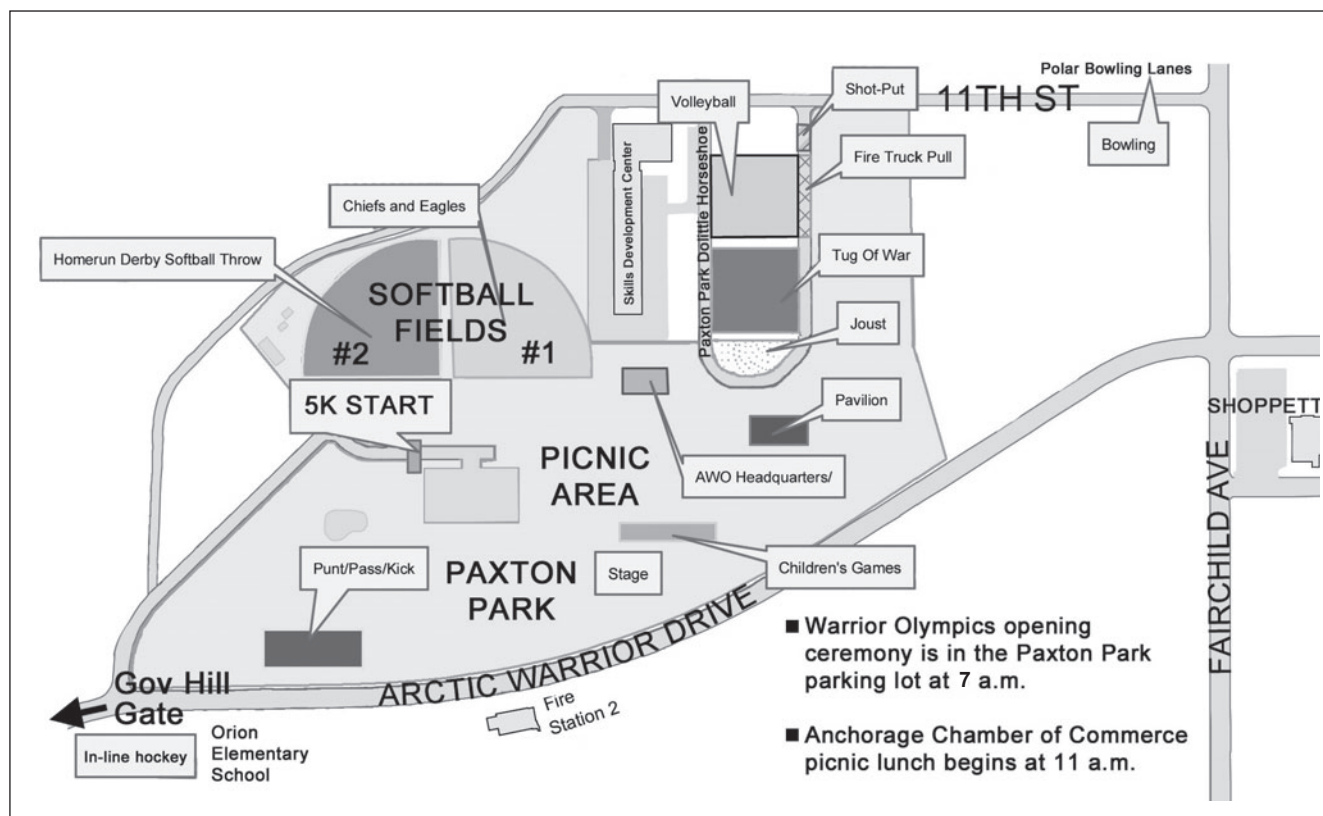
### Softball Throw – Contestants'

show time is 12:30 p.m. on Paxton  
Park's softball field #2.

**Swimming** – Swimmers' can begin signing up at 9:30 a.m. at the base Fitness Center swimming pool. The competition begins at 10 a.m.

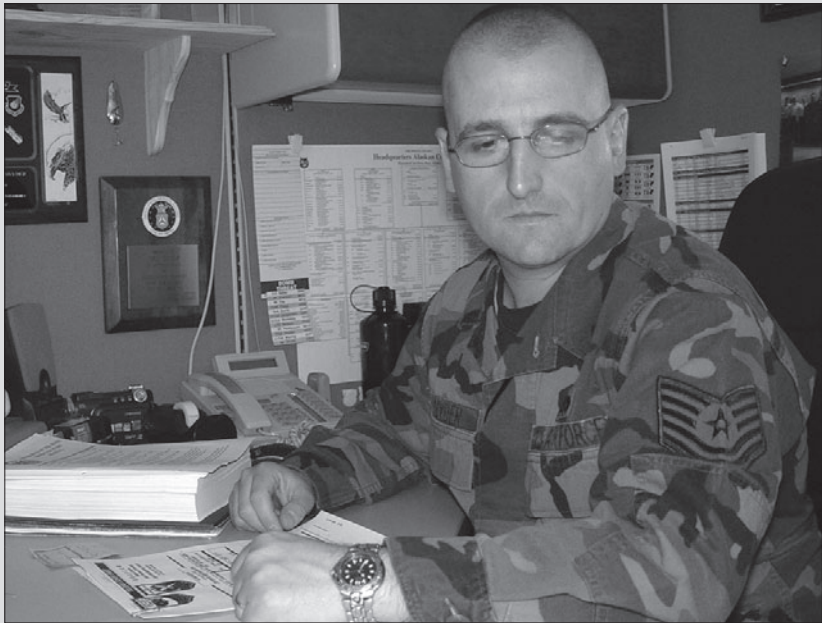
**Tug-O-War** – Tuggers' show time is 9 a.m. on Paxton Park's Doolittle Horseshoe.

**Volleyball** – A coaches' meeting begins at 9:30 a.m. on the grass volleyball court on Paxton Park's Doolittle Horseshoe.





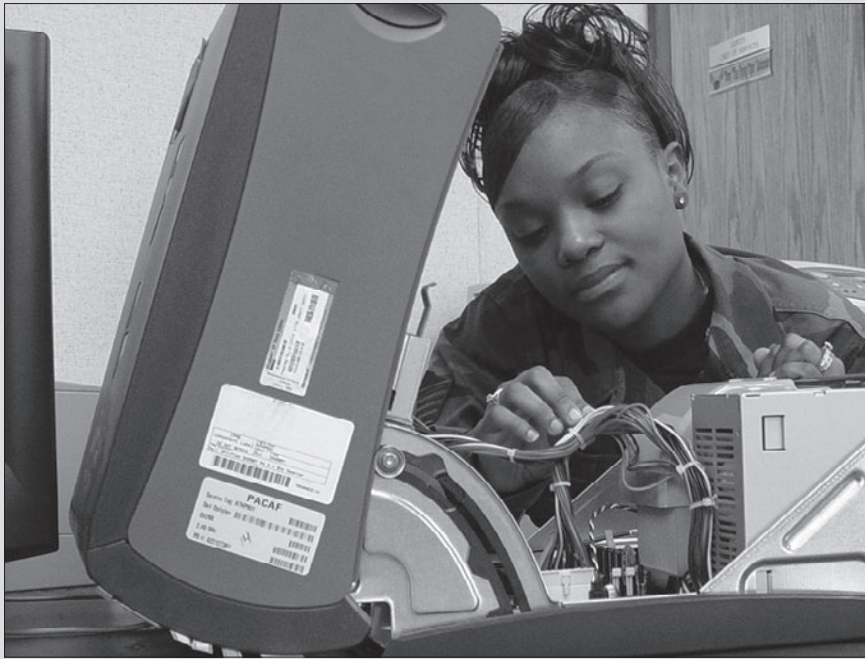
# Arctic Warriors of Week



PHOTOS BY TECH. SGT. THEO MCNAMARA

## Tech. Sgt. Chris Snyder

**Duty title:** Headquarters Alaskan Command / Joint Task Force Alaska, noncommissioned officer in charge, Technical Support Division  
**Hometown:** Norwalk, Ohio  
**Hobbies:** Hunting, fishing  
**How he contributes to the mission:** Provides staff support to the Directorate for Training, Readiness and Exercises; handles command-level training issues for all forces in the Alaskan area of responsibility and planning and execution of numerous exercises such as Northern Edge and Arctic SAREX.  
**Time at Elmendorf:** First here from ‘91 to ‘95 and is 10 months into his second tour.  
**Time in the Air Force:** 14 years  
**Best part of being in Alaska:** There are so many things to do and see here that you can’t get anyplace else  
**Supervisor’s comments:** “He’s proved himself indispensable to Alaskan Command since he has been a part of the team. He has made communications and computer magic happen behind the scenes at numerous high visibility interagency planning and training conferences – usually attended by 100-200 people. He is a combat multiplier without equal.” Col. Steven Hatter



## Staff Sgt. Tinikkie Whitfield

**Duty title:** 3rd Services Squadron, noncommissioned officer in charge of commander’s support staff  
**Hometown:** San Antonio, Texas  
**Hobbies:** Reading, shopping, spending time with my family  
**How she contributes to the mission:** Maintains more than 560 data automation systems, using seven different operation systems and 392 different software applications. She also provides help desk and training support for 650 users. Responsible for EPRs and OPRs and decorations for the squadron  
**Time at Elmendorf:** One year, six months  
**Time in the Air Force:** Six years  
**Supervisor’s comments:** “Staff Sgt. Tinikkie Whitfield possesses requisite competence and aptitude to accomplish the most demanding tasks. She’s currently filling in for our commander’s secretary in addition to her computer technician duties. She performs both jobs exceptionally and she’s mastered the art of taking on many tasks and seeing them through to completion and doesn’t hesitate to ask if there’s anything else she can help with.” Dean Bostwick

## Suicide prevention

Tuesday at 3 p.m. is the last opportunity for all military and civilian members to attend a required suicide prevention briefing at the Base Theater to satisfy their annual training requirement. Call 580-1399 for more information.

## Bargain Shop closure

The Bargin Shop will continue to accept donations from 10 a.m. Sunday through noon Monday but the shop will be closed. The shop is scheduled to be open Mondays and Wednesdays from 10 a.m. to 3 p.m., beginning July 11. For more information, call 753-6134.

## Renter’s insurance

Phase II housing residents are eligible for free renter’s insurance; just call 279-9000. Phase II residents who already have a renter’s insurance policy may be eligible for an \$8 a month credit. For more information, call 753-1023.

## Yard of the Month

Aurora Military Housing will be offering the Yard of the Month program. The objective is to foster owner pride, improve the beautification of yards, and enhance the overall appearance of the housing areas. A winner will be selected the last Tuesday of the month from the four major housing areas beginning in June and ending in September. The criteria for selection will be based on mowing, trimming/edging, color and lawn coverage. A \$200 prize will be awarded to each winner.

Call the Aurora Military Housing office at 753-1051 for additional details.

## More room for Medics

The 3rd Medical Group Hospital will make renovations to many of their sections to make room for an increase of 137 people to the medical staff. The medical staff is being increased so the hospital can better care for the increasing beneficiary population in Alaska.

## King salmon trip

The Outdoor Recreation office at Ft. Richardson is sponsoring a day trip for king salmon fishing at the Little Susitna River June 17.

For this guided trip, they will supply the fishing poles, waders and transportation for \$40 per person. Seating is limited. For more information or a reservation, call 384-1475.

## Mandatory training

The 3rd Civil Engineer Squadron will conduct mandatory facility manager’s initial training June 28 at the 3rd CES Conference Room located at 6326 Arctic Warrior Drive from 10-11:30 am. For more information, call 552-8665/3727.

## Updating VRED

Individuals who need to update their Virtual Record of Emergency Data forms are now required to do so online, rather than visiting their military military personnel flight. This information is used to contact family members if an Airman suffers a serious illness or injury or dies while serving on active duty.

The updates can be made at [www.afpc.randolph.af.mil/vs/](http://www.afpc.randolph.af.mil/vs/).

## 365-day deployments

Approximately 200 key and critical operational and joint task force staff positions in Central Command’s area of responsibility are now being made into a 365-day deployment in an effort to provide stability and allow for long-term relationship building with host governments.

As a result of these changes, an Air Force Personnel Element has been established at Camp Victory in Iraq to support those deployed for 365 days.

## Trespass notice

Trespassing for any reason on Elmendorf’s two combat arms firing ranges is illegal and dangerous. Firing is conducted on both ranges at random times, based on 3rd Wing requirements.

The outdoor range is located about one mile north of Six-Mile Lake, and the indoor range is at 4309 Kenney Ave. For access to these areas, call 552-4807.

## Cadet visit begins

U.S. Air Force Academy and Reserve Officer Training Corps cadets will gain realistic experiences, training and leadership opportunities at various Elmendorf units throughout the summer under an Air Force program called Operation Air Force. These cadets will work along side our enlisted members and officers in an internship-type setting to learn how the 3rd Wing contributes to national security.



## Chapel Schedule

### Catholic Parish

- **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
- **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
- **Sunday Mass:** 10:30 a.m. at Chapel 1
- **Sunday Evening Mass:** 5 p.m. at Chapel 2
- **Confession:** 6 p.m. Sundays at Chapel 2

### Protestant Sunday

- **Liturgical Service:** 9 a.m. at Chapel 2
- **Celebration Service:** 9 a.m. at Chapel 1
- **Gospel Service:** noon at Chapel 1
- **Fellowship Praise:** 6 p.m. at Chapel 1

### Religious Education

- **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
- **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more information, call the Chapel at 552-4422.

# Tests show bacteria in base water supply

*Subsequent testing confirmed no danger to residents H<sub>2</sub>O still safe*

**By Lt. Col. Mike Halbig**  
3rd Wing Public Affairs

On May 24, two water samples from Elmendorf’s drinking water supply tested positive for a drinking water contaminant; however, subsequent testing on May 26 came back negative, indicating that the situation was resolved with no danger to base residents or employees.

The base routinely monitors its drinking water supply for any possible contaminants, said Maj. James Rypkema, Elmendorf bio-environmental engineering flight commander. In May, 19 samples were taken and two of them--the samples taken on May 24--showed the presence of total coliform bacteria, results that violated Alaska State Department of Environmental Conservation Drinking Water regulations. Those regulations state that no more than one sample in a month can show the presence of the bacteria.

The bacteria found in the water samples, coliform, is generally not harmful in and of itself, he said. Coliforms are bacteria which are naturally present in the environment and are used as an indicator

that other; potentially-harmful, bacteria may be present. Coliforms were found in more samples than allowed (only one sample per month is allowed to show the presence of the coliform bacteria) and this was a warning of potential problems, the major said.

If the situation had been an emergency, or showed the presence of harmful bacteria, base residents and employees would have been notified as quickly as possible of the situation and any corrective actions they would need to take.

Though there is no need to boil water or take any other precautions at this time, people should consult their health care provider if they have any specific concerns about this situation, he added. People with severely compromised immune systems, infants, and some elderly may be at increased risk. These people should seek advice about drinking water from their health care providers. General guidelines on ways to lessen the risk of infection by microbes are available from EPA’s Safe Drinking Water Hotline at 1 (800) 426-4791.

The finding of the coliform bacteria in the drinking water supply may indicate a possible problem

with the treatment or distribution system, Major Rypkema said. The bases water distribution system’s normal chlorine disinfection levels were maintained and additional, follow-up tests do not show the presence of the coliform bacteria.

Those follow-up tests also tested for bacteria of greater concern such as fecal coliform or E-coli, he added, with none of that bacteria found.

“The further testing shows that the problem has been resolved,” he said.

Base officials will continue to sample for coliform bacteria. That way, he said, if there is a recurrence the base can take the proper actions as quickly as possible to ensure the safety and health of the base population.

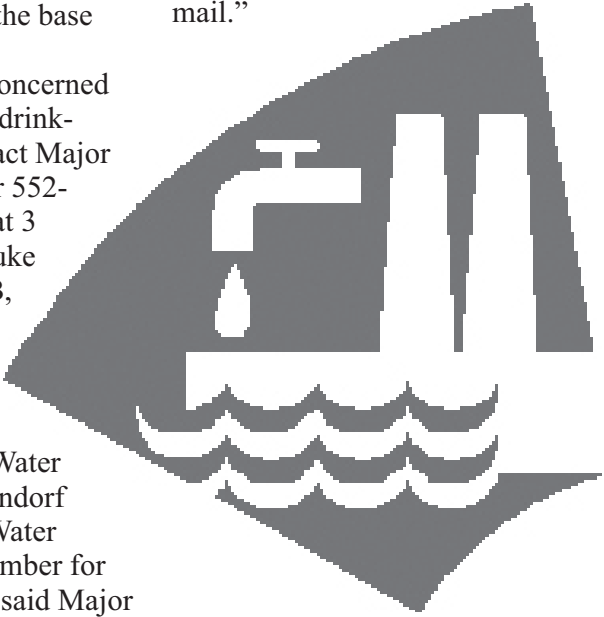
For people who are concerned about the safety of their drinking water, they can contact Major Rypkema at 552-3850 or 552-3985 or by writing him at 3 AMDS/SGPB, 10449 Luke Avenue, Elmendorf AFB, AK 99506.

If checking with the state Department of Environmental Conservation Drinking Water Program about the Elmendorf water supply, the State Water System Identification number for the base will be needed, said Major

Rypkema. That number is 211423.

“We are committed to providing the people who live and work on Elmendorf with the safest possible environment,” he said. “The testing and subsequent notification of the bacteria found in the drinking water samples is part of our commitment to our people.”

To reach everyone who uses the bases water, the major asks people to share this information with all “the other people who drink this water, especially those who may not have received this notice directly (for example, people in apartments, nursing homes, schools, and businesses). You can do this by posting this notice in a public place or distributing copies by hand or mail.”





# Pull! - Elmendorf's top guns repeat in skeet

**By Staff Sgt. Ron West**  
3rd Services Squadron

Five Arctic Warriors banded together and traveled north recently to win a state-level championship skeet match for the second year in a row.

Senior Master Sgt. Henry Martin, Senior Master Sgt. Paul Taitt, Master Sgt. Mike Williams, 611th Air Support Squadron, Master Sgt. Fred Kinzel, 611th Air Control Squadron, and Tech. Sgt. Dave Knight, 3rd Component Maintenance Squadron, traveled to Fort Wainwright Memorial Day weekend to represent Elmendorf in the Alaskan Armed Forces Skeet Championship.

A team of five shooters represented each military installation. Team members shoot the normal 100 clay birds or targets as in any skeet tournament, which then are combined for a 500 bird team total. The trip was worth it for the Elmendorf team as they posted the second highest score on record with 482 of 500 and defeated Ft. Wainwright's Army team by more than 70 birds.

"Even during the .410 gauge event, targets appeared to be in slow motion and as big as car tires. I was really getting a good look at all stations. Timing, gun swing, and ability to see targets are at times allusive, yet each of us seemed to have them that weekend. The practice time we put in before the trip really paid off," he said.

Along with Sergeant Martin's 100, Sergeant Kinzel turned in a lofty 98 followed by Sergeant Taitt's 97, then Sergeants Williams' and Knight's 94 and 93 respectively. Not only did the Elmendorf men shoot well as a team, but Martin and Taitt went on to win several other registered events. Between the two, they took home 12, 20, and .410 gauge active duty and National Skeet Shooting Association championship honors as well as the doubles event.

In two of those events they had to shoot off against each other. "It was absolutely fantastic! It's fun to shoot shotguns and burn powder anyway, but it's even more fun for you and your team to do so well among seasoned competitors, in the most gorgeous weather possible, and then to win against the Army. We had a great trip, made new friends, hit our personal best, and won. We salute the Ft. Wainwright soldiers whom were outstanding hosts!" Sergeant Taitt said.

Sergeant Martin had similar thoughts, "It was awesome! We discussed many times how we wanted to do well as a team and individually. We knew we had the potential, then we win as a team and two of us shoot off against each other. The truth is win or lose, it's just a real blast—pardon the pun – to be a part of these events and hang with a bunch of shot gunners."

Sergeant Kinzel simply stated,



COURTESY PHOTO

**Senior Master Sgt. Paul Taitt, 611th Aircraft Support Squadron, takes aim at a clay pigeon during a recent practice session prior to to skeet team's competition which was held Memorial Day weekend at Ft. Wainwright, Alaska.**

"This is my first shoot and I'm hooked. I'll buy another gun and definitely enter more of these events because it's too much fun."

Four of the five Elmendorf shooters will be back next year and do their best to have an Elmendorf "three-peat."



# Drinking violations lead to Article 15 actions

An airman 1st class from the 962nd Airborne Air Control Squadron failed to obey a lawful order to stay in her dorm room while intoxicated, and instead drove under the influence of alcohol. Her punishment was a reduction to airman, a suspended reduction to airman basic, a suspended forfeiture of \$617 for two months, restriction to the base for 30 days, and a reprimand.

An airman from the 3rd Equipment Maintenance Squadron failed to obey a lawful order to refrain from having alcohol in the dorms, and drinking alcohol while under the age of 21. His punishment was a reduction to airman basic, suspended forfeiture of \$617 for two months, restriction to the base for 30 days, and 30 days extra duty.

An airman 1st class from the 3rd Aircraft Maintenance Squadron failed to obey two lawful orders for failing to leave a television set in a hotel room and for failing to refrain from drinking alcohol while under the age of 21. His punishment was a reduction to the grade of airman, restriction to the base for 30 days, and 30 days extra duty.

An airman from the 381st Intelligence Squadron failed to refrain from consuming alcohol while under the age of 21. His punishment was a suspended reduction to airman basic, forfeiture of \$200 for two months, and 30 days extra duty.

An airman 1st class from the 381st Intelligence Squadron failed to refrain from consuming alcohol while under the age of 21. His punishment consisted of suspended reduction to airman, forfeiture of \$200 for two months, and 30 days extra duty.

An airman 1st class from the 3rd Equipment Maintenance Squadron failed to report for duty, consumed alcohol while under the age of 21, and made a false official statement concerning being notified to report for duty. His punishment consisted of a reduction to the grade of airman, a suspended reduction to the grade of airman basic, a suspended forfeiture of \$200 for two months, and restriction to the base for 45 days.

An airman 1st class from the 3rd Civil Engineer Squadron was drunk and disorderly while at a deployed location. His punishment was a reduction to the grade of airman, 14 days extra duty, and a reprimand.

A senior airman from the 3rd Civil Engineer Squadron was drunk and disorderly while at a deployed location. His punishment included a reduction to the grade airman first class, suspended 14 days extra duty, and a reprimand.

An airman from the 3rd Civil Engineer Squadron wrongfully consumed alcohol while in the first phase of alcohol treatment. His punishment consisted of a reduction to airman basic, 14 days extra duty, and a reprimand.

A senior airman from the 3rd Civil Engineer Squadron assaulted another airman. His punishment was a suspended reduction to airman 1st class, and a reprimand.

An airman 1st class from the 3rd Services Squadron failed to report for duty on numerous occasions. Her punishment was a reduction to airman.

An airman 1st class from the 3rd Comptroller Squadron failed to report for duty and falsified medical quarters authorizations. Her punishment was a reduction to airman, a suspended reduction to airman basic, restriction to base for 30 days, and a reprimand.







COUTESY OF AFJROTC SOUTH ANCHORAGE HIGH SCHOOL

## Used uniforms get new life

Air Force Junior Reserve Officer Training Corps Cadets from South Anchorage High School recently received a donation of used uniforms from the men and women of Elmendorf. The AFJROTC cadets were allowed to place collection bins throughout the base late last year in hopes that active duty Air Force members would want to donate old or unused battle dress and service uniforms for the cadets to use. The South Anchorage cadets were thankful with the big response Elmendorf members provided them and would like to pass along a thank you to all those who provided the donations and a special thanks to Col. Mark Douglas, 3rd Mission Support Group commander, for his assistance in the coordination process.

## Reflective belts not enough coverage for motorcyclist

3rd Security Forces Squadron and 3rd Wing Safety officials want to remind riders that when operating a motorcycle on a military installation, Air Force Instructions specify certain equipment that must be worn – one of which is reflective gear. A motorcyclist must have 138 square inches of reflective gear visible while riding on base. Call the 3rd Wing Safety office at 552-3389 for more details and information to ensure you’re appropriately dressed to operate a cycle on military installations. When visiting another military installation, ensure you are in compliance with local supplements to Air Force and Department of Defense regulations.

## Prevent head injuries

Last year, 65,000 bicyclists in the U.S. visited a hospital emergency room with head injuries and 7,700 of them were admitted for long-term care, according to a recent national research study. Bikers with head injuries are 20 times more likely to die than those without and while bicycle injuries are more likely to happen to children between ages 5-15, more than 56 percent of fatally injured bicyclists are 20 or older. A good helmet protects a bicyclist’s head if an accident happens. If shopping for a helmet, a good indication a helmet is well-made and reliable is a “Snell” certification sticker on the inside of a helmet. For a helmet to wear the Snell certification it must meet rigorous standards.



# Adventure out into Alaska

By Mary M. Rall  
3rd Services Marketing

Hiking, biking, rafting, kayaking – whatever your style is for enjoying summer fun, the Outdoor Adventure Program has just the trip, clinic or event to keep your season filled with fun and activity.

The ever-popular Eagle River Rafting trips are back for the summer and are just the right activity to take in at the end of a workday. Trips will be offered Tuesday; Thursday; June 21, 23, 28 and 29 at 5 p.m. for \$25. Each trip includes basic techniques and safety of white water rafting topped off with a ride down Eagle River.

Those who prefer to hook their own fun can do so through Russian River Fishing trips June 13, 15, 20, 22 and 24 for \$30. These are ideal trips, especially when the reds are in. Participants

can leave the driving to the OAP staff whose main priority will be getting you in place to make the catch of a lifetime.

Individuals who are new to the Alaska fishing scene can also take advantage of King Salmon Fishing Clinics for \$10.

Participants will learn how to identify and fish for Alaska's prized king salmon, learn proven tactics and where and when to fish. Class dates are available through OAP.

Additional fishing clinics are available as well, to include Fly Fishing Part 1 June 17 for \$30 and Fly Fishing Part 2 June 18 for \$85.

OAP will even be offering a Chulitna Float Fishing Trip June 23-26 for \$150, which will incorporate fun both on the water and the riverbank. The trip will include a beautiful float down the Chulitna River near Denali National

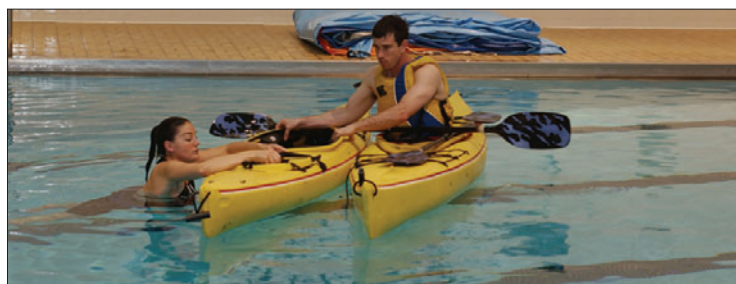
Park. This two-day camping trip will be full of magnificent views, wildlife and some great fishing.

Fun on the water can also be found through a wide variety of kayaking trips. Water enthusiasts can begin by getting introduced to the sport by taking Kayak Pool Training lessons June 21 for \$25 and then moving on to the open water by taking Kayak Lake Training Tuesday and June 28 for \$25.

Once the basics are mastered, there is virtually no limit to the trip opportunities kayakers can enjoy. Among the many OAP featured trips is a Whittier Kayaking Day Trip June 18 for \$50, through which kayakers can explore Prince William Sound and see numerous glaciers, wildlife and breathtaking views.

In addition to water fun, OAP has trips that incorporate biking to locations such as Crescent Lake and Eklutna Glacier, clamming at Clam Gulch, berry picking, hikes to locations like Crow Pass and Bomber Glacier, ATV trips to Hatcher's Pass and more.

Call 552-2023 to book your trip or log onto [www.elmendorfservices.com](http://www.elmendorfservices.com) to explore the wealth of opportunities featured in the OAP Summer Booklet under the Outdoor Recreation link.



STAFF SGT PRENTICE COLTER

**Outdoor Adventure Program staff teaches kayak safety classes in the Fitness Center pool for people who want to participate in one of OAP's kayaking adventure trips.**

## ...:inside the fence

**Wildlife Museum and Midnight Sun Park Trip**, Today from 12:30-5 p.m. for free at the Youth Center. 552-2266

**Babysitting Class**, Today from 8 a.m. to 5 p.m. at the Arctic Oasis Community Center. 552-8529

**Red Pin Bowling**, Win free games Monday from 5-9 p.m. at the Polar Bowl. 552-4108

**Russian River Fishing Trip**, Monday at 5:30 a.m. with the Outdoor Adventure Program. 552-2023

**H.B.R. Fisherman's Challenge**, Monday and Tuesday win free games during open bowling at the Polar Bowl. 552-4108

**Road Bike Training Ride**, Monday at 5:30 p.m. for free with the Outdoor Recreation Center. 552-2023

**Otter Lake Cook Out**, Monday from noon to 6 p.m. for \$5 at the Young Adult Center. 753-2371

**Flag Football**, Tuesday from 4-6 p.m. at the Young Adult Center. 753-2371

**Family Child Care Orientation and Training**, Tuesday through June 17, 9 a.m. to 4 p.m. at FCC. 552-3995

**Junior Golf Classes**, Tuesday at Eagle Glen. 552-3821

**Kayak Lake Training**, Tuesday at 5 p.m. for \$25 with the OAP.

552-2023

**Eagle River Rafting**, Tuesday and Thursday at 5 p.m. for \$25 with the OAP. 552-2023

**Bowler Appreciation Night**, Packages for four for \$25 Tuesday at the Polar Bowl. 552-4108

**Russian River Fishing Trip**, Wednesday at 5:30 a.m. with the OAP. 552-2023

**Wednesday Night Madness**, Unlimited bowling for \$18 per lane Wednesday from 5-9 p.m. at the Polar Bowl. 552-4108

**F2W Baseball**, Wednesday at 4 p.m. at the Youth Center. 552-2266

**New Parent Orientations**, Wednesday at 10:30 a.m. at all CDCs. 552-8304

**Flat Top Hike**, Wednesday with the OAP. Call 552-2023 for times.

**Picture Framing**, Wednesday from 5:30-9:30 p.m. for \$40 at the Arts and Crafts Center. 552-7012

**Necklace and Earring Beading**, Thursday from 4:30-6:30 p.m. for \$25 at the Arts and Crafts Center. 552-7012

**Boss and Buddy Night**, Thursday at 4:30 p.m. at the Kashim Club. 753-3131

**Airmen's Special**, E-4's and below bowl for half price Thursday from 5-9 p.m. at the

Polar Bowl. 552-4108

**Free Mountain Bike Training Ride**, Thursday at 5:30 p.m. with ORC. 552-2023

**Morning Coffee Conversation**, Thursday at 10:30 a.m. at the Arctic Oasis Community Center. 552-8529

**Children Eat Free**, June 16-18 with each adult dinner purchased at the Susitna Club. 753-3131

**CGOC Night**, June 17 at The Cave. 753-3131

**Social Hour and Baked Potato Bar**, June 17 from 5-6 p.m. in the Kashim Lounge and The Cave. 753-3131

**Retiree Appreciation Night**, June 17 at the Susitna Club. 753-3131

**Fly Fishing Part 1**, June 17 from 5-7 p.m. for \$30 with the OAP. 552-2023

**Freedom Flag with Roses Tole Painting**, June 17 and 24 from 4:30-6 p.m. for \$35 at the Arts and Crafts Center. 552-7012

**Open Bowling**, June 17, 5-9 p.m. at the Polar Bowl. 552-4108

**One Stroke Roses Painting**, June 17, 3-5 p.m. for \$35 at the Arts and Crafts Center. 552-7012

*\*Arts and Crafts Center classes must be signed up for three days in advance.*

**TACO BAR:** Relax over a Social Hour Taco Bar today from 5-6 p.m. in the Kashim Lounge and The Cave. 753-3131

**MOVIE:** A Lot Like Love (PG-13) Oliver and Emily meet on a flight seven years ago, each declaring that they couldn't be more wrong for each other. However, life keeps bringing them back together over the next seven years. As they each search for love, it takes seven years for Oliver and Emily to figure out that maybe what they really have is something....a lot like love. 7 p.m.

## ...:sat

**XTREMELY FUN:** Spend your Saturday enjoying All Night Xtreme Bowling from 10 p.m. to 1 a.m. at the Polar Bowl. 552-4108

**MOVIE:** *The Amityville Horror (R)* In 1974, police discovered the entire DeFeo family, all slaughtered with a .35 caliber as they slept calmly in their beds. Ronald DeFeo confessed to methodically murdering his parents and four siblings, and claimed it was the "voices" that told him to do it. One year later, George and Kathy Lutz along with their three children moved into the house, thinking it was going to be their dream home. 7 p.m..

## ...:sun

**BRUNCH BUNCH:** Dig in to the Sunday Brunch Sunday from 10:30 a.m. to 2 p.m. at the Susitna Club and get a taste of the wide variety of breakfast and lunch items featured weekly at this event. 753-3131.

**MOVIE:** *The Amityville Horror (R)* See above for movie description. 7 p.m.

## ...:fyi

**SPEAK OUT:** Military spouses now have an opportunity to influence Services programming by attending a Spouse Forum June 21 from 7-9 p.m. at the Susitna Club. Enjoy heavy hors d'oeuvres and give your personal input on Services programming. This event is open to all spouses and reservations will be accepted through June 20.

For more information or to make a reservations, call 552-5900.



# Arctic Life

Great living in the great land

## Senior NCO shares history, love of American flag

By Senior Master Sgt. Daniel Chadwick  
Career Assistance Advisor

The story of the origin of our National flag parallels the story of the origin of our country. As our country received its birthright from the people of many lands whom gathered on these shores to found a new nation, so did the patterns of the Stars and Stripes rise from several origins.

Since the Continental Congress approved the Stars and Stripes “Old Glory” as the official national flag on June 14, 1777, it has remained America’s single most powerful symbol of unity, strength, justice and freedom from tyranny.

Thus the Stars and Stripes came into being; born amid the strife of battle, it became the standard that a free people rallied around during the struggle to found a great nation.

When the Star-Spangled Banner was first flown by the Continental Army, General George Washington is reputed to have described its symbolism by saying “We take the stars from heaven, the red from our mother country, separating it by white stripes, thus showing that we have separated from her, and the white shall go down to posterity representing liberty.”

After the admission of Kentucky and Vermont into the union, a resolution was adopted in January 1794 making the flag one of fifteen stars and fifteen stripes.

Realizing that the flag would become unwieldy with a stripe for each new state, Captain Samuel Reid, U.S. Navy, suggested to Congress that the stripes remain thirteen in number to represent the thirteen Colonies, and that a star be added to the blue field for each new state coming into the Union.

A law passed April 4, 1818, requires a star be added for each new state on the 4th of July after its admission but that the thirteen stripes remain unchanged. Alaska added the 49th star in 1959, and Hawaii the 50th in 1960.

Today the flag’s 13 horizontal strips, alternating between red and white, represent the original 13 American Colonies. The red symbolizes hardness and valor, and the white signifies purity and innocence. The blue field in the upper left-hand corner symbolizes vigilance, perseverance and justice.

Following the War of 1812, a great wave of nationalistic spirit spread throughout the country; the infant Republic had successfully defied the might of an empire.

As this spirit spread, the Stars and Stripes began to take on the characteristics of a mighty



TECH. SGT. MIKE EDWARDS

symbol of sovereignty. The homage paid that banner is best expressed by what the gifted men of later generations wrote concerning it.

Henry Ward Beecher said, “A thoughtful mind when it sees a nation’s flag, sees not the flag, but the nation itself. And whatever may be its symbols, its insignia, he reads chiefly in the flag, the government, the principles, the truths, the history that belong to the nation that sets it forth. The American flag has been a symbol of Liberty and men rejoiced in it...”

In a 1917 Flag Day message, President Woodrow Wilson said, “This flag, which we honor and under which we serve, is the emblem of our unity, our power, our thought and purpose as a nation. It has no other character than that which we give it from generation to generation. The choices are ours. It floats in majestic silence above the hosts that execute those choices, whether in peace or in war. And yet, though silent, it speaks to us – speaks to us of the past, or the men and women who went before us, and of the records they wrote upon it.

“We celebrate the day of its birth; and from its birth until now it has witnessed a great history, has floated on high the symbol of great events, of a great plan of life worked out by a great people.”

In commemoration of the flag’s powerful

meaning and it’s lofty place in American history, by joint resolution of Congress August. 3, 1949, designated June 14 of each year as “Flag Day” and requested that the president issue an annual proclamation calling for its observance and display on all federal government buildings. On June 9, 1966, Congress requested the president issue a proclamation designating the week of June 14 as “National Flag Week” calling upon all citizens of the United States to display the flag during that week.

Today, it is perhaps more important than ever before, that all Americans behold the nation’s flag with honor and respect. During this years “National Flag Week” I encourage you to display “Old Glory” with pride, I also want to remind you that displaying our nation’s flag with pride means displaying a clean and serviceable flag.

If you have an unserviceable flag and would like to dispose of it correctly please call me at 552-0809 or drop it off at the Military Personnel Flight, 1st floor, room 109, and I will ensure your flag is disposed of in the appropriate manner.

Remember, our nation’s flag symbolizes our hard-fought liberties, sacrifices of past generations, and hopefulness’ for generations to come; she deserves nothing less than to be displayed with honor and dignity.



Lt. Col. Colin Wright, commander

### Unit Spotlight 90th Fighter Squadron

#### MISSION:

The 90th FS is a combat-ready fighter squadron prepared for rapid worldwide deployment of a squadron F-15E aircraft to accomplish precision engagement of surface targets using a wide variety of conventional air-to-surface munitions. They train in the fighter missions of strategic attack, interdiction, offensive counterair (air-to-surface), suppression of enemy air defenses, as well as offensive and defensive counterair.







PHOTOS BY TECH. SGT. ADRIAN CADIZ

Above: A member from the 3rd Civil Engineer Squadron uses some heavy machinery to remove the sidewalk along Arctic Warrior Drive.  
Below: Airman Tanner Hutchinson, 3rd CES, directs traffic as members of his squadron work on preparing a section of Arctic Warrior Drive for construction



Left: Airman 1st Class Derrik Ross and Airman 1st Class Chad Beutler, both from 3rd CES, clear away old asphalt from Arctic Warrior Drive as they help prepare the road for repaving.

Below: Senior Airman Charles Caster, 3rd CES, uses an asphalt roller to compress a layer of asphalt.

On the cover: Paul Voorhis, 3rd CES, operates a backhoe to tear into the asphalt on Arctic Warrior Drive for it to be repaired and repaved.



# Construction season arrives with summer

By Tech. Sgt. Theo McNamara  
Staff Writer

It's been said that there are two seasons in Alaska – winter and construction – the 3rd Civil Engineer Squadron may just be on a mission to prove that statement true, at least on Elmendorf.

Staff Sgt. Robert Roe, a construction inspector with the 3rd Civil Engineer Squadron, is currently overseeing the third phase of a four-phase Arctic Warrior Drive project that won't be completed until next year. "That means more traffic variations for our drivers," he said. "But the reward is a much more comfortable, safer and cleaner drive for our base's drivers and pedestrians."

The final phase of Arctic Warrior Drive work, which will bring a new road surface, lighting and sidewalks from Fairchild to Arnold Ave. on the west end of Elmendorf, is expected to begin in June 2006.

Phase two construction along Arctic Warrior from Pease Avenue west to Kenney was completed last summer. To achieve their final goal of sturdier and safer roads, engineers have many objectives to complete during each phase of the project.

"We're adding sidewalks along both sides of the roadway. Along some stretches of Arctic Warrior, sidewalks didn't exist before. The new walkways are wider and more level than what we're replacing. Those things alone will create a much safer and more

attractive roadway," said the 3rd CES inspector. But the objective requiring the most amount of work are the least visible.

"Instead of using existing base course material (the gravel beneath the pavement) we'll remove an average of 8 to 12 inches of the old material from beneath the roadway and replace it with new material," he said. "The old material has been prone to winter frost heaves and cracking which weakens the surface road material, translating to bumpy roads."

According to Sgt. Roe, building a better foundation is perhaps the most important, because the 6 to 8 inches of new asphalt is described as – not much more than a rubber mat over gravel – so the correct foundation dictates how comfortable of a ride vehicles will experience; how sturdy the roadway will be; and how well it will retain its strength against the harsh Alaskan weather.

Elmendorf's main runway is another not so often seen project that's undergoing major construction, too.

That project, expected to be completed in early August, will cost about \$6.5 million and will help Elmendorf prepare for future flying missions.

According to engineers, foundation development is even more important on the runway because of additional weight that frequently is applied to the surface of the runway and the extreme speed at

which that weight is applied. When runway construction began, contractors dug down more than 6 feet in some places to remove material that was used for runways in the 1940s. Material that has been under the runway isn't suitable to build on and so new material is being introduced to provide a more stable base for the asphalt.

In other areas of base construction, Civil Engineers have been cutting sections of Fighter Drive and roadways that intersect with it so they can remove areas that have been weakened and are more of a collection of repaired potholes and patches than roadway. Crews will then remove the surface and some sub-surface material so that new sub-material can be installed before a new asphalt surface is laid across the entire stretch of Fighter Drive later this summer.

Another project designed to improve accessibility to the 90th Fighter Squadron and other workcenters located in the northwest corner of Elmendorf will begin in early July. This project will result in Talley Avenue, the Davis Highway and Vandenberg Avenue looking much more like a typical intersection that engineers believe will create a safer transition for vehicles transiting the area. Planners are putting together a system that will allow traffic to continue to flow during construction which is scheduled to be completed in early September.



# SPORTS PAGE

## Base lakes now stocked for fishing



Rachael Hampton screams with joy while her dad James Hampton helps unhook a fish she caught.

### 3rd Civil Engineer Squadron

Elmendorf lakes were recently stocked with 8-10-inch rainbow trout for everyone's fishing enjoyment.

Alaska Department of Fish and Game began stocking Green and Hillberg Lakes a few weeks ago and recently completed Spring, Fish, Triangle and Upper Six Mile lakes. The base was stocked with a total of 6,000 rainbow trout.

There is more good news for anglers. Upper Six Mile Lake is now open to trout fishing from the shore at Talley Road.

For several years this once popular fishing location had been closed to all fishing. Now with a new interpretation by Alaska Department of Fish and Game the roadside is a legal rainbow trout fishing location.

This renewed opportunity will run through midnight July 10 each year. That date coincides with the average arrival of the sockeye salmon that enter Upper Six Mile for spawning activities.

At that time fishing for trout will be allowed only beyond 300 feet from the culvert. That distance eliminates fishing near the roadway which is an important salmon spawning site.

The roadside will once again open on Oct. 1, after spawning has declined. Six Mile Lakes and Six Mile Creek will remain closed to salmon fishing year-round.

This new interpretation once again provides an easy access for handicapped fisherman.

Talley Road can be a busy thoroughfare so all fishermen are reminded to park well off the driving surface on the north side of the lake. Parents should keep a constant vigilance if children are present.

All people 16 years of age and older wishing to fish Elmendorf lakes are required to possess a current Alaska fishing license which must be stamped by staff at the Wildlife Museum or at the Outdoor Recreation office.

An Alaska sport fishing license costs \$15 for residents and active duty military and their dependants permanently stationed in Alaska. There is no fee for the base stamp.

Anglers are also asked to report immediately to base wildlife any northern pike captured in any Elmendorf lake. While people will be allowed to keep their fish Elmendorf wildlife officials wish to verify their presence. People are asked not to release them back into the water because they can devastate trout and salmon populations and their presence may jeopardize future lake stocking.

If someone catches a northern pike call 552-0200 or 552-0190.

## Get fit early for July's Hillberg Challenge, triathlon

By Tech. Sgt. Theo McNamara  
Staff Writer

Elmendorf Fitness Center staff is encouraging people who are interested in competing in two of Elmendorf's most popular summer competitions to start readying their bodies now.

The Hillberg Challenge and the Elmendorf triathlon are slated for July. The triathlon – a swim, run and bike event, is scheduled for July 9 and the Hillberg Challenge, a run that

begins at the bottom of Hillberg Ski Area, July 22.

"Proper conditioning is incredibly important for our two most popular summer competitions," said Tom Lawson, Fitness Center director. "Obviously, we have many athletes who train regularly for these types of races, but we probably have an equal amount of people wanting to participate who don't because they aren't sure how to train for these events.

"It's very important to get people

to the Fitness Center early, so we can help prepare them properly and safely."

The Hillberg Challenge begins with a run that starts uphill and ends 4.2 miles later.

The triathlon is an opportunity for people to swim 500 yards and run five kilometers before jumping on a bike for a 9.5 mile race to the finish line.

"We have five certified personal trainers working here at the Fitness

Center," said Mr. Lawson. "We'd really like to see people take advantage of our services to help them get conditioned for whatever level of physical activity they want to be involved in. Maybe we can even encourage a few to get involved in these summer events that really demonstrate a persons endurance and conditioning. There are some great bragging rights that come with finishing a Hillberg Challenge or triathlon."



Crossword smorgasbord

By 1st Lt. Tony Wickman  
Alaskan Command Public Affairs

ACROSS

- 1. TV commercials
- 4. Prone to doing
- 7. Tire track
- 10. Mow
- 11. By way of
- 12. Continent home to Camp Humphreys
- 14. Margarine
- 15. Football stat
- 16. Close
- 17. Pair
- 18. Question opener, “what \_\_\_ \_ ...”
- 20. Slogan
- 22. Motel units, in short
- 24. GWB’s party’s committee, in short
- 25. Long. ’s globe opposite
- 26. Hurricane center
- 27. Good-to-go
- 28. Greek letter
- 29. Type of a/v interference
- 30. Soldier’s break from a combat

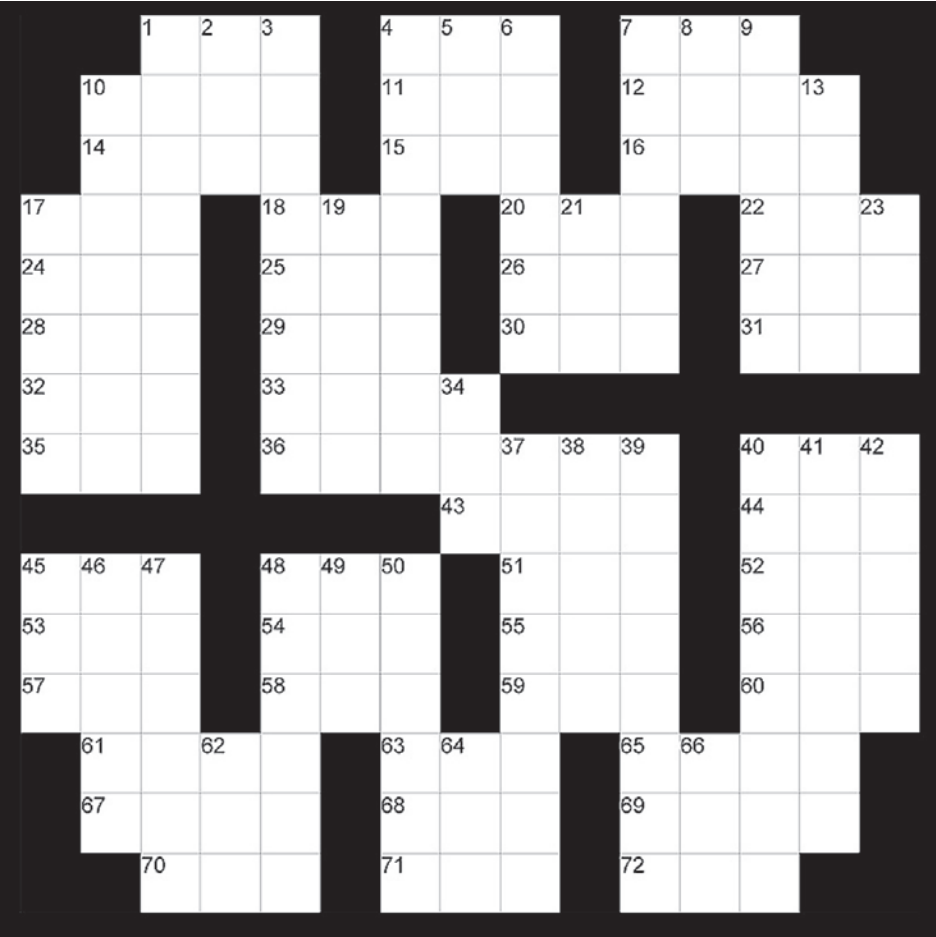
- zone, in short
- 31. \_\_\_ Lanka
- 32. Op or Dada
- 33. Anchor
- 35. Color
- 36. Wearing wood down by grit paper
- 40. USA org. for women, once
- 43. Leg joint
- 44. Overseas post address
- 45. Resistance measurement
- 48. NASA project for Mars, in short
- 51. Distant
- 52. Nationwide radio station, in short
- 53. \_\_\_ vs. Wade
- 54. 3 to Caesar
- 55. Cash machine
- 56. Mil. pay during a PCS
- 57. Northern MN city airport code
- 58. USA NCO
- 59. Fed. cryptology org.
- 60. Engine need
- 61. Rounded
- 63. Capture
- 65. Hawaiian bird
- 67. Aged
- 68. Spring mon.
- 69. Angered
- 70. Homer’s neighbor
- 71. Settle
- 72. Lout

DOWN

- 1. Divide up
- 2. Expire
- 3. Dark horse candidates who don’t win elections
- 4. USA Branch
- 5. Brooch
- 6. Torn cloth



Last week’s solution



- 7. USA Spec Ops person
- 8. Draw on
- 9. Crowns
- 10. USA code part
- 13. USA Branch
- 17. Be afraid
- 19. Pacific Island
- 21. Writer Rand
- 23. Downhill or cross-country
- 34. Memorex and Sony competitor
- 37. USA Branch
- 38. Bovines
- 39. Of Central European decent
- 40. With \_\_\_\_\_ brutality; was gratuitously cruel
- 41. Exploited
- 42. Reef type
- 45. USAF inspection
- 46. USA code, in part
- 47. 1961 Nobel Prize Calvin
- 48. Deceived
- 49. USA Soldiers, informally
- 50. USA Branch
- 62. Gorilla
- 64. Fed. Environmental concerns org.
- 66. Epoch